

IDPH TUPC Material Order Form (updated 10/19/21)

PLEASE EMAIL YOUR ORDER TO TobContactUs@idph.iowa.gov





NAME: _____

ADDRESS: _____

CITY: _____ **State:** _____ **ZIP:** _____, **COUNTY:** _____ **PHONE:** _____

DATE ITEMS ARE NEEDED BY: _____

****Allow 2 weeks for delivery. All orders shipped by UPS. MUST HAVE A STREET ADDRESS, P.O. BOXES WILL NOT WORK TO SHIP UPS).**

Select		Name of Item	Number Requested
Out of Stock		Quitline Iowa "Quit Card" Beat Stress Tip: A wallet size, plastic card with Quitline Iowa information on it. (item #513)	Units of 100
		SPANISH: Quitline Iowa Rack Card (Brochure) Standard Quitline Iowa rackcard (item #515S)	Units of 100
Out of Stock		Quitline Rack Card (Brochure) for low health literacy (item #529)	Units of 100
		Quitline Rack Card (Brochure) for low health literacy (Spanish) (item #529S)	Units of 100



Diabetes and Smoking Brochure
(Item 552)

Units of
25



Quitline Pregnancy Poster
(Item 568)

Units of 25



Quitline Pregnancy Rackcard
(Item 569)

Units of 50



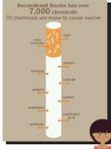






Ask, Advise, Refer Folder
(item 593)

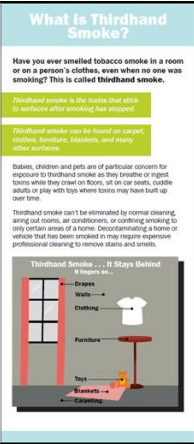



Units of 1




Smoking & Your Heart
(item #517)

Units of 100

	<div data-bbox="381 37 581 485"> <h3>Secondhand Smoke</h3> <p>What is it? The smoke that comes off the burning end of the cigarette or cigar and the smoke exhaled by the person who is smoking.</p> <p>Secondhand smoke contains more than 7,000 known chemicals. Approximately 70 are known to cause cancer.</p> <p>Secondhand smoke and you.</p> <ul style="list-style-type: none"> ✓ Secondhand smoke is a known cause of lung cancer, heart disease, low birth weight babies, and chronic lung ailments such as bronchitis and asthma (particularly in children), as well as other health problems. ✓ According to the Centers of Disease Control and Prevention (CDC), more than 43,200 adult nonsmokers die every year in the United States from heart disease and lung cancer caused by exposure to secondhand smoke.   </div>	<div data-bbox="824 205 1182 321"> <h3>Secondhand Smoke Fact Sheet (item #518)</h3> </div>	<div data-bbox="1284 243 1455 279"> <p>Units of 100</p> </div>
	<div data-bbox="381 489 581 957"> <h3>5 Reasons NOT to Smoke While Pregnant</h3> <p>Are you pregnant or planning to be? You have a special reason to quit smoking - your baby!</p> <ol style="list-style-type: none"> 1. If you quit, your baby does too! <ul style="list-style-type: none"> ✓ Your baby will get more oxygen when you quit. ✓ It's best to quit before you get pregnant, but quitting anytime while you are pregnant will help. 2. You may have a healthier pregnancy. <ul style="list-style-type: none"> ✓ Women who smoke have a higher risk of bleeding and/or pregnancy loss. ✓ Smoking mothers' babies may be born too soon. ✓ Your pregnancy may be easier if you quit smoking. You will have extra energy and quitting will help you breathe more easily and cough less. 3. Your baby could be healthier. <ul style="list-style-type: none"> ✓ If you quit smoking, your baby has a much lower risk of sudden infant death syndrome (SIDS). ✓ Your baby is also less likely to be a stillborn (born with no signs of life) if you quit smoking. ✓ Your baby is more likely to be a healthier weight. 4. You'll protect your baby from secondhand smoke. <ul style="list-style-type: none"> ✓ Babies are more likely to get sick if their parents smoke. ✓ If you quit smoking, your baby will be less likely to have colds, bronchitis, ear infections, allergies and asthma. 5. You'll live to see your child grow up. <ul style="list-style-type: none"> ✓ Quit smoking and you'll reduce your own risk of lung cancer, heart disease and other illness. ✓ You'll feel better and live longer to watch your baby grow. <p>Quitting smoking can be hard, try these tips!</p>   </div>	<div data-bbox="824 667 1182 783"> <h3>5 Reasons Not to Smoke While Pregnant (item #519)</h3> </div>	<div data-bbox="1284 705 1455 741"> <p>Units of 100</p> </div>
	<div data-bbox="381 961 581 1419"> <h3>Secondhand Smoke & Your New Baby</h3>  <p>Babies who breathe secondhand smoke have an increased risk of ear infections and asthma attacks. Protect your baby and yourself from secondhand smoke!</p> <p>It's possible smoking during pregnancy also is more likely to have a miscarriage or have a baby that is born too soon or weighs too little.</p> <p>There is no safe level of exposure to cigarette smoke and babies exposed to smoke are more likely to get sick. Protect yourself and your baby by keeping smoke out of your home and away from your baby.</p> <p>Secondhand smoke causes more than 45,000 deaths from heart disease each year for nonsmokers.</p> <p>Babies exposed to smoke may have a greater risk of dying from sudden infant death syndrome (SIDS).</p>  </div>	<div data-bbox="805 1136 1201 1251"> <h3>Secondhand Smoke & Your New Baby (item #520)</h3> </div>	<div data-bbox="1295 1173 1466 1209"> <p>Units of 100</p> </div>
	<div data-bbox="381 1423 581 1871"> <h3>What is a Hookah?</h3> <p>Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors.</p> <p>Hookah is also known as: <i>Mezzenah, Mergina, Daghah, Shisha, Hakeel-Hakeel, and Ouzi.</i></p> <p>Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.</p> <p>Risks</p> <ul style="list-style-type: none"> ✓ Many users think it is less harmful, however hookah smoking has many of the same health risks as cigarette smoking. ✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease. ✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 10 puffs. ✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (e.g., charcoal) used in hookahs. ✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine.  </div>	<div data-bbox="886 1612 1114 1686"> <h3>What is Hookah (item #521)</h3> </div>	<div data-bbox="1321 1629 1494 1665"> <p>Units of 100</p> </div>

	 <p>What is Thirdhand Smoke?</p> <p>Have you ever smelled tobacco smoke in a room or on a person's clothes, even when no one was smoking? This is called thirdhand smoke.</p> <p>Thirdhand smoke is the toxins that stick to surfaces after smoking has stopped.</p> <p>Thirdhand smoke can be found on carpets, clothing, furniture, hairbrushes, and many other surfaces.</p> <p>Babies, children and pets are of particular concern for exposure to thirdhand smoke as they breathe or ingest toxins when they crawl on floors, sit on car seats, cuddle adults or play with toys where toxins may have built up over time.</p> <p>Thirdhand smoke can't be eliminated by normal cleaning, airing out rooms, air conditioning, or covering smoking to only certain areas of a home. Decontaminating a home or vehicle that has been smoked in may require expensive professional cleaning to remove stains and smells.</p> <p>Thirdhand Smoke ... It Stays Behind. It seeps into...</p> <ul style="list-style-type: none"> Draperies Walls Clothing Furniture Tools Blankets Carpeting 	<p>What is Thirdhand Smoke (item #522)</p>	<p>Units of 100</p>
	 <p>What are your reasons to quit? Here are some ideas:</p> <ul style="list-style-type: none"> • You'll protect your heart, lungs and other organs. • You'll breathe easier. • You won't be giving tobacco and vaping toxins to the people you love. • You won't need to hide it from your parents, teachers or boss. • You'll protect your school or sports or playing activities. • You won't be hooked for life. • You won't feel as stressed. • You won't be causing a problem. • Your friends will be much interested in doing too. <p>Quitting alone is hard. Quitting with support is easy!</p> <p>VISIT US: mylifemyquit.com</p> <p>Text "Start My Quit" to 855.891.9989</p> <p>STAND UP TO ADDICTION</p> <p>FOR MORE INFORMATION: www.dph.state.tx.us/tobacco 800.938.2263 or 855.891.9989</p>	<p>My Life My Quit Brochure (item 578)</p>	<p>Units of 50</p>
	 <p>Ready to Quit Vaping?</p> <p>TEXT "START MY QUIT" TO 855.891.9989</p> <p>MY LIFE MY QUIT</p> <p>100% FREE, CONFIDENTIAL AND MADE ESPECIALLY FOR TEENS.</p>	<p>My Life My Quit Cling (item 579)</p>	<p>Units of 25</p>
	 <p>Ready to Quit Vaping?</p> <p>TEXT "START MY QUIT" TO 855.891.9989</p> <p>MY LIFE MY QUIT</p> <p>100% FREE, CONFIDENTIAL & MADE ESPECIALLY FOR TEENS.</p>	<p>My Life My Quit quit tip card (item 584)</p>	<p>Units of 50</p>

			<p>My Life My Quit School Poster (item 598)</p>	<p>Units of 50</p>
			<p>Both Are Addictive Poster- English (item 571)</p>	<p>Units of 10</p>
			<p>Both Are Addictive Poster- Spanish (item 571s)</p>	<p>Units of 10</p>
			<p>Think Before You Vape Poster-English (item 572)</p>	<p>Units of 10</p>

		Think Before You Vape Poster-English (item 572s)	Units of 10
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